Super Savings Everyday!

It's another Super Week to shop Acme & Super Saver! Once again we've put together a Super Sale in every department! So this week, why not shop where you get the most for your money . . . We know you're going to like it Here!

ACME — You're going to like it here! SUPER SAVER

BUY WITH CONFIDENCE . . . SERVE WITH PRIDE! LANCASTER BRAND

STEAK SALE!

LANCASTER BRAND BEEF CHUCK BONELESS 7-BONE Chuck Steaks $1.39 lb.

LANCASTER BRAND, LARGE END, 7"-CUT Rib Steaks AT A SUPER SAVING PRICE! $1.69 lb.

LANCASTER BRAND, 7-Bone Steak .... lb. $1.29
LANCASTER BRAND BEEF CHUCK (CALIFORNIA) Under Blade Steak lb. $1.39
LANCASTER BRAND BEEF CHUCK Arm Steaks .... lb. $1.39
LANCASTER BRAND BEEF CHUCK Cross Rib Steak .. lb. $1.49
LANCASTER BRAND SMALL END, Rib Steaks 7-CUT .. lb. $1.79

PREPARED WITH PRIDE MASH'S FULLY COOKED, LOW SALT, QUALITY MASH'S Smoked Ham
SHANK PORTION 79¢ lb. | WHOLE OR BUTT PORTION 89¢ lb.

FRESH LEG OR BREAST Chicken Quarters 100% U.S. GOV'T INSPECTED 59¢ lb
JUICY, SKINLESS Farmdale Franks (2-LB. PACKAGE $1.75) 1-lb. pkg. 89¢
FRESH BARBECUE OR Hot Dog Rolls AT A SUPER SAVING PRICE! 2 pkgs. of 12 $1
BANQUET FROZEN Fried Chicken AT A SUPER SAVING PRICE! $1.99 2-lb. pkg.

SUPER SAVINGS ON QUALITY FULLY-COOKED Semi-Boneless Hams
OLD HICKORY Water Added! WHOLE OR EITHER HALF $1.29 lb.
LANCASTER BRAND No Water Added! WHOLE OR EITHER HALF $1.39 lb.

IN OUR SERVICE DELI!
ESSKAY, ECKRICH OR LANCASTER BRAND REGULAR Sliced Bologna JUMBO OR GARLIC lb. $1.29
DELICIOUS ESSKAY Chicken Roll ..... ½-lb. 89¢
ECKRICH P & P, OLIVE, PLAIN OR OLD FASHIONED Baked Loaves .... lb. $1.59
DELICIOUS DOMESTIC Swiss Cheese .... ½-lb. 89¢
DELICIOUS HOFEMAN Flavored Cheeses . ½-lb. 89¢
DELICIOUS RATH'S Chopped Ham .... lb. $1.69

EVERYDAY SUPER SAVINGS!
LANCASTER BRAND Beef Franks ..... 1-lb. pkg. 99¢
LANCASTER BRAND Cooked Salami ... 12-oz. pkg. 99¢
DELICIOUS ECKRICH Beef Smorgas Pak 12-oz. pkg. $1.39
GWALTNEY JUICY Big 8 Franks ..... 1-lb. pkg. $1.19
SUPER SAVINGS ON WILLIAMSBURG Fresh Sausage ... 1-lb. pkg. $1.29
YOUR CHOICE OF FIVE VARIETIES Esskay Franks ... 1-lb. pkg. $1.29

MIX OR MATCH BEAN SALE!
Ideal Pork & Beans (1-lb.)
Ideal Kidney Beans (15½-oz.)
Ideal Butter Beans (15-oz.)
Ideal Great Northern Beans (15-oz.)
4 FOR $1.00

IDEAL BRAND PICKLE SALE!
Kosher Gherkins PINT JAR 59¢
Sweet Pickle Chips QUART JAR 69¢

LO-CAL POURABLE FRENCH, RUSSIAN, 1000 ISLAND OR ITALIAN SAVE 59¢ Pfeiffer Dressing 3 8-oz. pts. $1.
SUPER SAVINGS ON DELICIOUS Argo Peaches . 2 1-lb. 13-oz. cans $1.
QUALITY IDEAL BRAND Tomato Juice .. 1-qt. 14-oz. can 57¢
QUALITY IDEAL BRAND Salad Mustard . 1-lb. 7-oz. jar 33¢
Viva Napkins WHITE, ASSORTED OR DECORATOR 2 pkgs. of 140 89¢
Bounty Towels ASSORTED OR DECORATOR 3¢ OFF LABEL! .. Jumbo roll 48¢
Lemon Juice .. GOLDEN CROWN ..... 1-qt. btl. 59¢
QUALITY IDEAL BRAND Sweet Relish .. 1-lb., 6-oz. jar 69¢
SUPER SAVINGS ON ACME Trash Bags ... pkg. of 20 $1.49
PRINCESS Aluminum Foil . 25-ft. roll 29¢
QUALITY IDEAL BRAND Cider Vinegar .. ½-gal. btl. 89¢
2 pkgs. of 140 89¢

FRESH BAKERY BUYS!
SLICED WHITE ENRICHED Super Loaf Bread 3 1-lb., 8-oz. loaves $1
NEW! FAMILY PACK SUGAR Fresh Donuts ..... pkg. of 24 99¢
BIG BUY Cinnamon Buns .. 9-oz. pkg. 69¢

IN OUR SNACK DEPARTMENT!
QUALITY IDEAL BRAND Potato Chips ..... 13-oz. bag 89¢
NEW AT ACME Shultz Pretzels ... 1-lb. caddy 79¢
DAINTEE PERFECT FOR COOKOUTS Marshmallows .... 2 1-lb. bags $1

SEAFOOD SELECTIONS!
ARCTIC SEAL Cod Fillet ..... lb. 99¢
HEAT & SERVE Haddock Fillet ..... lb. $1.19
HEAT & SERVE Fish Sticks ..... lb. 99¢

FROZEN FOOD SAVINGS
DELICIOUS SALUTO Pepperoni Pizza . 1-lb., 6-oz. pkg. $1.89
GREEN GIANT, WITH BUTTER SAUCE, Lima Beans ..... 2 10-oz. pkgs. $1
QUALITY IDEAL BRAND Chopped Onions . 12-oz. pkg. 29¢
WITH BUTTER SAUCE Le Sueur Peas .... 2 10-oz. pkgs. $1
IDEAL GREEN SWEET Peas or Cut Corn 3 10-oz. pkgs. 89¢
DELICIOUS DOWNYFLAKE Homemade Waffles 12-oz. pkg. 49¢
DELICIOUS BANQUET Cook-In-Bags..... 3 5-oz. pkgs. $1
EIGHT VARIETIES, FARMLAND Buffet Suppers .. 2-lb. pkg. $1.39
BANQUET DINNERS Man Pleasers .... pkg. $1.09

QUALITY IDEAL BRAND Orange Juice AT A SUPER SAVING PRICE! 5 6-oz. cans 89¢
ALL DELICIOUS FLAVORS Ideal Yogurt AT A SUPER SAVING PRICE! 4 8-oz. cups 89¢
Glassware Dollar Sale!
11-OZ. SIZE Beverage .. 6 for $1
11-OZ. SIZE Iced Tea .. 5 for $1
2 QUART SIZE Pitcher .... each $1

JUNE IS DAIRY MONTH!
INDIV. WRAPPED, SLICED IDEAL WHITE OR YELLOW American Cheese FOOD full pound 99¢
BUTTERMILK OR COUNTRY STYLE Pillsbury Biscuits 4 8-oz. cans 57¢
BLUE, ONION OR BACON & HORSERADISH Kraft Ready Dips .. 8-oz. cup 59¢
DELICIOUS IMPERIAL Margarine ..... 1-lb. qtrs. 69¢
REFRESHING MINUTE MAID Lemonade ..... ½-gal. ctn. 59¢
DELICIOUS BLUE BONNET Soft Margarine .... 1-lb. bowl 79¢
SUPER SAVINGS ON Honey Butter ..... 8-oz. cup 85¢
KRAFT SLICED, NATURAL Swiss Cheese ... 1-lb. pkg. $1.67
SEALTEST LIGHT N' LIVELY Ice Cream ..... ½-gal. ctn. $1.15
SWISS KNIGHT PLAIN Gruyere Cheese .. 6-oz. pkg. 75¢

NEW FROM GILLETTE DISPOSABLE Daisy Shavers pkg. of 2 99¢
25¢ OFF LABEL! DEODORANT Right Guard AT A SUPER SAVING PRICE! 13-oz. can $1.69
FOR A SMOOTHER SHAVE, NEW REGULAR OR LIME Trac II Shave Cream AT A SUPER SAVING PRICE! 11-oz. can 99¢
JOHNSON'S Baby Powder AT A SUPER SAVING PRICE! 9-oz. dispenser 59¢

Prices & Coupons effective through Saturday, June 28, 1975. Quantity Rights Reserved.

SAVE 20¢ CHICKEN OR TURKEY Farmdale Meat Pies 4 8-oz. pies 79¢ WITH THE VALUABLE COUPON BELOW!
SAVE 31¢ ON DELICIOUS Princess Margarine WITH VALUABLE COUPON BELOW! 1-lb. qtrs. only 9¢

TASTE THE DIFFERENCE FRESHNESS MAKES!
FRESH, SWEET SOUTHERN, AT A SUPER SAVING PRICE Peaches 2 lbs. 89¢
WATERMELONS RED, RIPE WHOLE OR CUT .. lb. 10¢
FRESH, CRISP New Cabbage ... lb. 12¢
SALAD VALUE Cherry Tomatoes pint ctn. 59¢
SUPER SELECT, FRESH CRISP Cucumbers ..... 5 for $1
SUPER SAVINGS ON Spanish Onions ... lb. 25¢
FRESH, CRISP Calif. Carrots .. 2 lb. bag 45¢
GOLD SEAL Orange Juice ... ½-gal. jug 97¢
SALAD FAVORITE Romaine Lettuce . lb. 29¢
SEALD SWEET FRESH Citrus Salad ... ½-gal. jar $1.99

Good News About Food!
Recent reductions in manufacturers' costs have enabled Acme & Super Saver to Lower Prices! When We Save . . . You Save!
NEW LOW PRICE! GRANULATED IDEAL SUGAR 5-lb. bag $1.09
IDAHOAN Potatoes AU-GRATIN ..... 6½-oz. pkg. 49¢
IDAHOAN Scalloped Potatoes 6½-oz. pkg. 45¢
ARROW Pea Beans ..... 1-lb. pkg. 25¢
ARROW LARGE Lima Beans ..... 2-lb. pkg. 75¢
ALL PURPOSE Ideal Flour ..... 5-lb. bag 69¢
GAINES Top Choice ..... 4-oz. pkg. $1.29
DOGS LOVE IT! Ken-L-Burger .. 4-oz. pkg. $1.29

10¢ OFF LABEL! Joy Liquid Detergent 1-pt., 6-oz. btl. 77¢
4¢ OFF LABEL! Safeguard Soap 2 5-oz. BATH BARS 65¢

SAVE 20¢ WITH THIS COUPON (CO-6) TOWARD YOUR PURCHASE OF FOUR 8-oz. PKGS. CHICKEN OR TURKEY, FARMDALE Meat Pies (143) Limit: one coupon per family, please. Effective June 22 through 28, 1975.
SAVE 31¢ WITH THIS COUPON (CO) ON YOUR PURCHASE OF A 1-LB. PKG. OF QTRS. OF Princess Margarine WITH YOUR $5.00 OR MORE PURCHASE! (Excluding Milk Products & Cigarettes) (142) Limit: one coupon per family, please. Effective June 22 through 28, 1975.
SAVE 30¢ WITH THIS COUPON (MFG-6) ON YOUR PURCHASE OF A 12-OZ. CAN OF REGULAR OR ELECTRA PERK Max Pax Coffee (134) Limit: one coupon per family, please. Effective June 22 through 28, 1975.
SAVE 10¢ WITH THIS COUPON (MFG-6) ON YOUR PURCHASE OF A PKG. OF 15 Glad Tall Kitchen Bags (135) Limit: one coupon per family, please. Effective June 22 through 28, 1975.
SAVE 40¢ WITH THIS COUPON (MFG-6) ALL VARIETIES Protein 21 Hair Spray 13-oz. can $1.39 (136) Limit: one coupon per family, please. Effective June 22 through 28, 1975.
SAVE 26¢ WITH THIS COUPON (MFG-6) Close-Up Toothpaste REGULAR OR MINT FLAVORED 6.4-oz. tube 79¢ (138) Limit: one coupon per family, please. Effective June 22 through 28, 1975.
SAVE 25¢ WITH THIS COUPON (MFG-6) ON YOUR PURCHASE OF ONE BOX OF 30 DAYTIME Kimbies Diapers (139) Limit: one coupon per family, please. Effective June 22 through 28, 1975.
SAVE 10¢ WITH THIS COUPON (MFG-6) ON YOUR PURCHASE OF A 1-LB. PKG. OF PITTER PATTER OR CHOCOLATE FUDGE SANDWICH Keebler Cookies (140) Limit: one coupon per family, please. Effective June 22 through 28, 1975.
SAVE 25¢ WITH THIS COUPON (MFG-6) ON YOUR PURCHASE OF A 1-LB. PKG. OF FUN SIZE MILKY WAY, SNICKERS OR Three Musketeers (141) Limit: one coupon per family, please. Effective June 22 through 28, 1975.

Fashions, Consumer guides, Food, Beauty, Home decorating, Travel

Frederick teenager named semi-finalist

Slim and vivacious, 17 year old Felecia Brown of Frederick, Md. was chosen to be one of ten semi-finalists in the 1975 High School Cover Girl Contest.

Now Felecia has her attention focused on June 15, the day when she'll fly to New York to participate in a whirl of glamorous activities leading up to the selection of the national winner.

Miss Brown is one of two winners from the Northeast region of the country. The other is Jan Katch of Pottstown, Pa.

This is the 14th year for the traditional competition which focuses on teenage girls who best typify the American ideal of charm, personality, perfect grooming and fresh good looks.

The daughter of Mr. and Mrs. Harold Brown of Route 2, Frederick, Felecia is in the 12th grade at Frederick High School. Bursting with energy, she packs as many activities into her life as she can manage. She's active in the Student Union, and has been a representative on the Student Council.

An enthusiastic athlete, she fills her after school hours with softball, tennis, and bowling. All this, in addition to being President of the Youth Fellowship at Hopehill United Methodist Church.

On the home front, Felecia sews her own clothes "because it really saves money" and has been cooking "ever since I can remember." "I don't really have any favorite dishes," she explains. "What I really enjoy is combining my imagination with whatever is around and creating something delicious for my family." Felecia's has three sisters, and two brothers.

After taking a modeling course, Felecia appeared in several fashion shows at local schools and churches. Her future plans include a career as a model or in fashion merchandising.

Once in New York Felecia will be headquartered at the famous Waldorf-Astoria Hotel. She will make the rounds of the city's most interesting places, meet celebrities, be interviewed and photographed as a celebrity herself.

Southwest regional winners are LeLynn Buzbee, Mineral Wells, Texas and Liz Cimber, Phoenix, Arizona, from the Far West are Sandy Kilian, Goleta, California and Sheri Dudley, Fresno, California while Midwest regional winners are Laura Teknipp, Willoughby, Ohio, and Pam Tiemeyer, Wichita, Kansas. Southeast regional winners are Allison Nunn, Galax, Va., and Lisa Brower, Staley, N.C.

Pretty Brown Eyes On New Goals, and they belong to Felecia Brown, daughter of Mr. and Mrs. Harold Brown of Route 2, Frederick, Md. The energetic Frederick High School Cover Girl finalists for the 1975 National Title. Felecia, she is one of ten semi-finalists for the 1975 National Title. Pottstown, Penn., are the two Northeast regional winners.

Send community notices

You can have your notices included in the AFRO's Community Calendar. Send us the dates of meetings, civic and social events, weddings, parties . . . anything of community interest to: Community Calendar, P.O. Box 1857, Baltimore, Md. 21203. There is no charge.

NEWSTIPS

The AFRO pays cash for NEWSTIPS. If you see news happening, call City Desk, 728-6300 and tell us about it.

Food clips

(Two 1-pound loaves)
5½ to 6 cups enriched flour
2 packages dry yeast
1 cup milk
¼ cup corn syrup
2 teaspoons salt
2 tablespoons oil
1 cup water
1 cup (4 oz.) shredded Cheddar cheese

Stir together 2 cups flour and dry yeast. Heat milk, corn syrup, salt, oil and water over low heat until warm (120-130 degrees). Add liquid ingredients to flour-yeast mixture and beat until smooth, about 3 minutes on medium speed of electric mixer or 300 strokes by hand. Mix in shredded cheese. Stir in flour to make a moderately soft dough. Turn onto a lightly floured surface and knead until smooth and satiny, about 5 to 10 minutes. Cover with a bowl or pan and let rest 20 minutes. Divide dough in half and roll into a 7 x 14-inch rectangle. Roll from narrow side, pressing dough into roll at each turn. Press ends to seal and fold under loaf. Place in two greased 4½ x 8½-inch loaf pans; brush with oil. Let rise in warm place until doubled, about 30 to 45 minutes. Bake in preheated 400 degree oven 35 to 40 minutes. Remove immediately from pans and brush with oil.

NOTICE

Due to the holiday, July 4, the AFRO's Friday edition will be PRINTED AND DISTRIBUTED on Thursday, July 3. The AFRO will be closed Friday, July 4.

COOKING AND SAVING WITH Campbell's

Save this week with chicken

Chicken is one of the best buys in the supermarket. It's high in protein and relatively low in cost. To make it an even better value, buy whole chickens and split them yourself. Whole chickens are cheaper by the pound than cut-up chicken.

And here's another way to economize with chicken and other meats: by cooking with Campbell's Soup. Campbell's Soup can help stretch meat dishes. So many Campbell's Soups are ideal for cooking. Look for recipes on the labels. And try this delicious chicken and rice dish using Campbell's Tomato Soup. It's enough for a family of six and it's M'm! M'm! Good!

CHICKEN CREOLE
3-pound stewing chicken, cut up
Salt
Pepper
½ teaspoon paprika
2 tablespoons bacon drippings
2 medium green peppers, chopped
2 medium onions, chopped
1 can (10¾ ounces) Campbell's Tomato Soup
½ soup can water
1 cup diced cooked ham, sausage, or pork
¼ to ½ teaspoon red pepper flakes
½ teaspoon salt
Cooked rice

Season chicken with salt, pepper, and paprika. Cover, refrigerate until ready to use. In large heavy pan, slowly brown chicken in bacon drippings (about 20 minutes); remove. Add green pepper and onion; cook until tender. Return chicken to pan; add remaining ingredients except rice. Cover; cook over low heat 35 minutes or until done. Stir occasionally. Skim excess fat from sauce; thicken if desired. Serve with rice. Makes 6 servings.

Campbell's IN THE CUPBOARD IS LIKE MONEY IN THE BANK

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219 N. HOWARD ST. (2nd FL) HOURS: 8 a.m.-7 p.m.
PERMANENTS. (COMPLETE) YOUR CHOICE OF: REVLON ULTRA SHEEN FRENCH ONLY $12.50

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• KRESGE'S Downstairs
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• 5200 Park Heights at Belvedere
• 2807 Waverly Shopping Center
• 219 N. Howard St. 2nd. floor
YES WE ARE OPEN MONDAYS WE DO MEN'S HAIR
FOR FURTHER INFORMATION CALL: 539-9044

When you know how to use the new long distance rates, talk is cheap.

There are some things that take only a minute to say. Happy birthday. Hello. I miss you.

And now when you take just a minute, you also save.

Because now with the new interstate rates, if you dial direct, you're charged for just the minute or two you actually use. Instead of the first three, like before.

What it means to you is this:

During the day you can call all the way to Los Angeles, talk for a minute, and pay just 56¢.

Talk for two minutes, and it's just 96¢.

Or save even more by calling at night or most of the weekend.

Then one minute is only 22¢. Each additional minute, only 16¢.

When everything else seems to be costing you more, you can still save.

Just keep this coupon handy, take a minute, and dial direct.

C&P Telephone

NEW RATES FOR COAST-TO-COAST INTERSTATE CALLS

DIAL-AND-SAVE ONE-MINUTE RATES
Sat Sun Mon Tue Wed Thur Fri
8 am – 5 pm: 56¢ (Full Rate)
5 pm – 11 pm: 36¢ (35% Discount)
11 pm – 8 am: 22¢ (60% Discount)
Additional minutes cost less than the first minute.
Dial-direct rates apply on all interstate calls (including Alaska) originated from a residence or business phone without operator assistance. They also apply on calls placed with an operator from a residence or business phone where dial-direct facilities are not available. For dial-direct rates to Hawaii, check your operator. Dial-direct rates do not apply to person-to-person, coin, hotel-guest, credit card or collect calls, or to calls charged to another number, because an operator must assist on such calls.
NOTE: Rates quoted do not include tax.

OPERATOR-ASSISTED THREE-MINUTE RATES
STATION-TO-STATION Full rates apply at all times First 3 minutes $1.95
PERSON-TO-PERSON Full rates apply at all times First 3 minutes $3.55
Additional minutes same as dial rate. Applicable discounts apply to additional minutes during "Evenings" and "Night & Weekend" periods.

Take a minute to make someone smile.